

Dublin Senior Center
7600 Amador Valley Blvd.
Dublin, CA 94568
(925) 556-4511



DUBLIN
CALIFORNIA

Annual Registration needed but
**Daily Reservations
Not Required**

Open Heart Kitchen (OHK) Senior Meal Program is
funded, in part, by the Alameda County Area Agency on
Aging.

February 2016 Lunch Menu

Lunch is served
Mondays, Tuesdays, Thursdays, Fridays 11:30am - 12:30pm
Last seating at 12:15pm

Wednesdays 11:30am - 12:00pm

SUGGESTED DONATION: \$3.00
unless otherwise noted
Menu subject to change without notice.



Salad Available Daily:	
lettuce	kidney beans
spinach*+	celery
bell peppers*+	olives
carrots*	cucumbers
beets	mushrooms
tomatoes*+	
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Vitamin A Source *	High Salt #
Vitamin C Source +	Spicy @

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the Day: Chef's Choice	Soup of the Day: Bean	Soup of the Day: Chef's Choice	Soup of the Day: Chef's Choice	Soup of the Day: Chef's Choice
February 1	February 2	February 3	February 4	February 5
Salisbury Steak w/Gravy, Mashed Potatoes, Balsamic Glazed Carrots, Salad*+, Jell-O w/Blueberries	Sweet and Sour Chicken over Enriched Rice, Steamed Green Beans w/ Almonds, Salad*+, Brownie w/ Whipped Cream	Spinach and Beef Lasagna, Whole Grain Garlic Bread, Steamed Seasonal Vegetables, Salad*+, Pineapple Cup	Korean BBQ Beef over Enriched Rice, Steamed Asian Vegetables, Salad*+, Cinnamon Applesauce	Baked Mushroom Chicken, Rice Pilaf, Sautéed Spinach, Salad*+, Jell-O w/ Fruit
February 8	February 9	February 10	February 11	February 12
Beef Stew w/ Potatoes and Carrots, Cheesy Biscuits, Salad*+ ,Ice-Cream w/ Berries	Pad Thai (Pork) w/ Onions, Bean Sprouts and Red Peppers, Salad*+, Tapioca w/ Fruit	Tuna Noodle Casserole, Steamed Seasonal Vegetables, Cornbread, Salad*+, Fruit Cocktail	Chicken Florentine Casserole w/ Spinach and Mushrooms over Enriched Rice, Salad*+, Fresh Fruit Cup	Crispy Oven Baked Fish, Garlic Mashed Potatoes, Seasonal Vegetables, Salad*+, Valentine Themed Cupcakes
February 15	February 16	February 17	February 18	February 19
Closed for Presidents' Day	BBQ Pork, Mashed Sweet Potatoes, Green Beans, Salad*+, Cookie	Beef and Rice Stuffed Red Bell Peppers, Black Beans, Salad*+, Jell-O w/ Fruit	Chicken Fricassee w/ Enriched Steamed Rice, Sautéed Seasonal Vegetables, Salad*+, Ambrosia Fruit Salad	Fish Tacos w/ Salsa, Refried Back Beans, Carrot and Apple Slaw, Salad*+, Peach Slices
February 22	February 23	February 24	February 25	February 26
Roast Pork and Gravy, Mashed Potatoes, Seasonal Vegetables, Salad*+, Pudding w/ Fruit	Chicken Pot Pie w/ Carrots, Peas and Potatoes, Salad*+, Fruit Cup	Fettuccini Primavera w/ Ham, Broccoli, Mushrooms and Peas, Salad*+, Baked Cinnamon Apples	Sweet and Sour Turkey Meatballs w/ Mashed Potatoes, Sautéed Seasonal Vegetables, Salad*+, Fresh Fruit	Oven Fried Fish, Home Fries, Brussel Sprouts, Salad*+, Lemon Pie
February 29				
Spaghetti w/ Meat Sauce, Whole Grain Garlic Bread, Steamed Seasonal Vegetables, Salad*+, Bread Pudding				